

Group Exercise Timetable

Stantonbury Leisure Centre

Accurate as of 18/05/2024

Times for Saturday 19 October



| Time | Session | Facility | Type |
|---------------|---------------------|----------|--------------|
| 09:00 - 09:45 | Cycle Fit | Studio | Cardio |
| 09:55 - 10:15 | Fab Abs* | Gym | Conditioning |
| 10:00 - 11:00 | Tai Chi (Cancelled) | Studio | Holistic |